

**SERVINGS** 

DIETARY SUPPLEMENT

NET WT. 8.45 OZ (240 G)



**Supplement Facts** 

Serving Size 1 Scoop Servings Per Container	1 Sc	1 Scoop (8 g) 30		2 Scoops (16 g) 15	
Amount Per Serving	% D	aily Value	% Daily Value		
Calories	5		10		
Total Carbohydrate	1 g	<1%*	2 g	1%*	
Protein	<1 g	1%*	1 g	2%*	
Vitamin C (as ascorbic acid, acerola extract)	100 mg	167%	200 mg	333%	
Sodium (as sodium chloride)	60 mg	3%	120 mg	5%	
Potassium (as potassium chloride)	70 mg	2%	140 mg	4%	
L-Citrulline	2 a		4.0	+	

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L-Citrulline (as Micronized L-Citrulline, Pep	2 g	†	4 g	†			
L-Citrulline, Hydrolyzed Whey I	Protein Isolate])	<i></i>					
CarnoSyn® Beta-Alanine	1.6 g	<u>†</u>	3.2 g				
DMAE Bitartrate	250 mg	Ī	500 mg	<u> </u>			
PhytoBlend	250 mg	†	500 mg	†			
Beet Juice Powder, Grape Seed Extract (Vitis vinifera)(seeds),							
MegaNatural® Red Wine Grape	Extract (Vitis vinife	era)	(fruit), Citrus				
Bioflavonoids							
Caffeine	200 mg	±	400 mg	t			
O	405	_	050	-			

(Capsicum annuum)(fruit)(standardized for capsaicinoid	s)
* Percent Daily Values are based on a 2,000 calorie diet	

OTHER INGREDIENTS: Citric Acid, Natural and Artificial Flavors, Malic Acid, Tartaric Acid, Silicon Dioxide, Calcium Silicate, Lecithin, Sucralose, Acesulfame Potassium.

ALLERGEN INFORMATION: CONTAINS MILK. AND SOY (LECITHIN) INGREDIENTS.

MANUFACTURED BY OPTIMUM NUTRITION

975 Meridian Lake Dr. Aurora, IL 60504

## 2 SCOOPS PROVIDE:

- 4 Grams of L-Citrulline: an Amino Acid Precursor to N.O.
- 3.2 Grams of Beta-Alanine to
- Support Training Endurance\* Energy and Metabolic Support
- High Antioxidant Value<sup>†</sup>
- Training Performance Support\*

## PRE-WORKOUT ENERGY & FOCUS'

FOR PRE-WORKOUT ENERGY SUPPORT\*: Take 1-2 scoops 20-40 minutes before training, or anytime you want a boost of energy and alertness.

DIRECTIONS: Mix each scoop with 6-10 oz of cold water (to desired sweetness) and consume immediately. Start with 1 scoop or less to assess your tolerance.

DO NOT EXCEED MORE THAN 2 SERVINGS PER DAY.

KEEP OUT OF REACH OF CHILDREN.

STORE IN A COOL, DRY PLACE, CONTENTS SOLD BY WEIGHT NOT VOLUME.



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PepForm' PepForm® is a trademark of Glanbia plc.

©apsimax<sup>™</sup> Capsimax<sup>™</sup> trademark belongs to OmniActive Health Technologies.



MegaNatural<sup>®</sup> Red Wine Grape Extract is a trademark of Constellation Wines U.S. Inc.

▲ These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease

ENERGY LEVEL INTENSE EXTREME

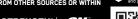
1.6 G

## **CONTAINS 200 MG OF CAFFEINE PER SCOOP**

THIS PRODUCT CONTAINS 100MG, 167% OF THE RECOMMENDED DAILY INTAKE OF VITAMIN OF

WARNING: NOT FOR USE BY THOSE WITH PRE-EXISTING MEDICAL CONDITIONS OR THOSE TAKING ANY MEDICATIONS. THOSE UNDER THE AGE OF 18 OR OVER 50. WOMEN THAT ARE PREGNANT, CONTEMPLATING PREGNANCY OR NURSING, OR THOSE THAT ARE CAFFEINE SCAN THIS QR CODE with your smartphone for further info OR BETA-ALANINE SENSITIVE. DO NOT CONSUME

CAFFEINE/STIMULANTS FROM OTHER SOURCES OR WITHIN 4 HOURS OF BEDTIME. TRUE STRENGTH"







PRE DIAL-UP

400 MG

4 G

3.2 G

MANUFACTURED IN THE USA IN OUR NSF GMP REGISTERED FACILITY This product contains ingredients of international and domestic origin 1 (800) 705-5226 TRUESTRENGTH.COM

PUNCH Artificially Fla

FRUIT Naturally 8.

**1.6**<sub>G</sub> BETA-ALANINE

L-CITRULLINE

**2**<sub>G</sub>

<sup>†</sup> Daily Value not established.